

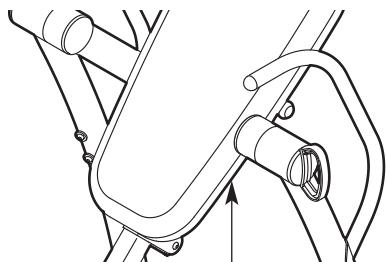
# WEIDER® BLACK INVERSION SYSTEM

[www.weiderfitness.com](http://www.weiderfitness.com)

Model No. WBBE2169.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

## QUESTIONS?

If you have questions, or if parts are missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

**IMPORTANT:** Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

**1-877-992-5999**

Mon.-Fri. 6 a.m.-6 p.m. MT  
Sat. 8 a.m.-4 p.m. MT

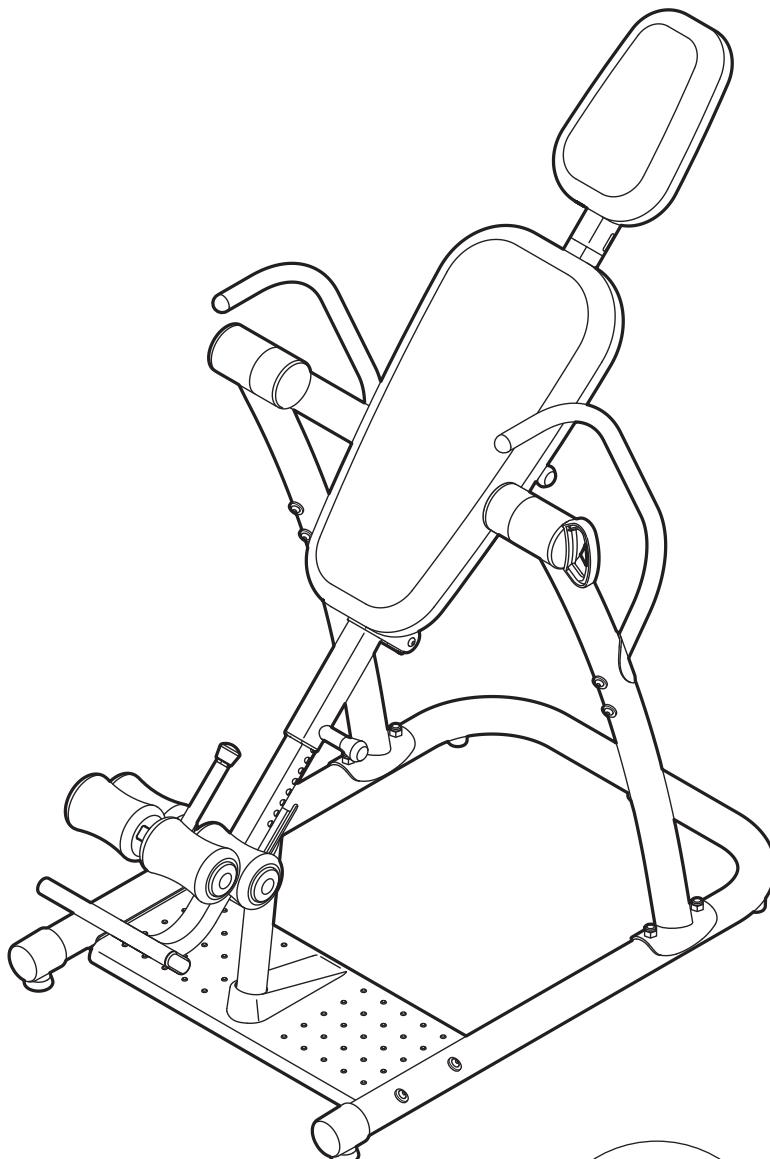
ON THE WEB:

[www.weiderservice.com](http://www.weiderservice.com)

## ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

## USER'S MANUAL

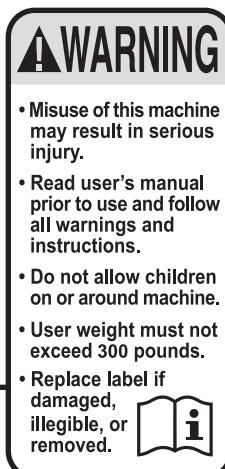
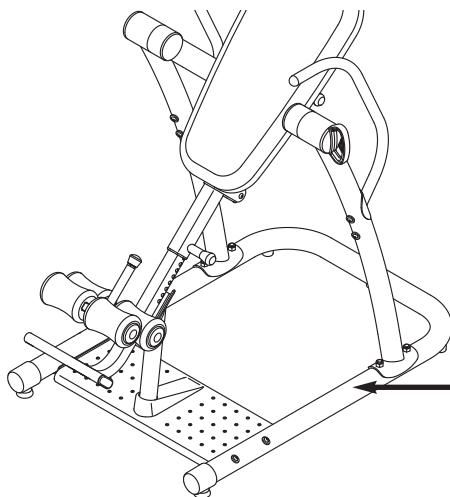


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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



# IMPORTANT PRECAUTIONS



**WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your inversion system before using your inversion system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the inversion system.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the inversion system only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the inversion system are adequately informed of all precautions.
4. The inversion system is intended for home use only. Do not use the inversion system in any commercial, rental, or institutional setting.
5. Keep the inversion system indoors, away from moisture and dust. Do not put the inversion system in a garage or covered patio or near water.
6. Use the inversion system only on a level surface. Cover the floor beneath the inversion system to protect the floor.
7. Make sure that all parts are properly tightened each time the inversion system is used. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the inversion system at all times.
9. The inversion system is designed to support a maximum user weight of 300 lbs. (136 kg). Do not use weights with the inversion system.
10. Always wear athletic shoes with laces to help secure your feet in the inversion system, and for foot protection while exercising.
11. The inversion system should be used only by persons 6 ft. 6 in. (198 cm) tall or less.
12. Keep hands and feet away from moving parts.
13. Always make sure that the ankle lock is secured snugly against your ankles and that the short knob is fully tightened before you use the inversion system.
14. Perform all activities on the inversion system in a slow, controlled manner. Aggressive exercise can cause the inversion system to tip over.
15. Always exercise with a partner. Your partner should be ready to return the backrest to the upright position if you cannot complete the rotation.
16. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
17. Following is a list of factors and conditions that may make inverting inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the inversion system.
  - Pregnancy
  - Hiatal hernia or ventral hernia
  - Glaucoma, retinal detachment, or conjunctivitis
  - High blood pressure, hypertension, or recent stroke or transient ischemic attack
  - Heart or circulatory disorders for which you are being treated
  - Middle ear infection and extreme obesity
  - Spinal injury, cerebral sclerosis, or acutely swollen joints
  - Bone weakness (osteoporosis), recent unhealed fractures, medullary pins, or surgically implanted orthopedic supports
  - The use of anticoagulants, including high doses of aspirin

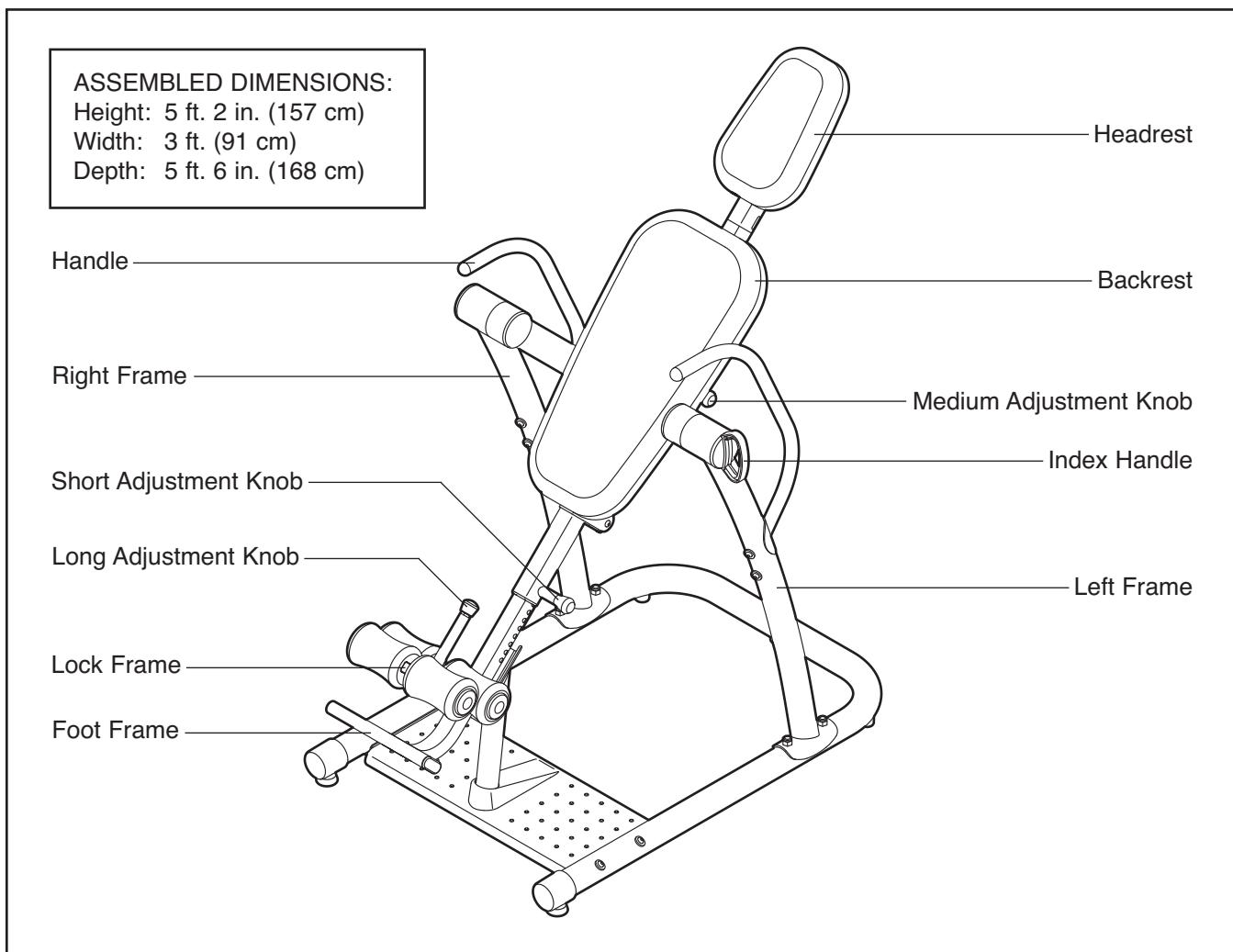
# BEFORE YOU BEGIN

Thank you for selecting the WEIDER® BLACK INVERSION SYSTEM. The inversion system will increase your intervertebral dimension, decrease pressure on intervertebral discs, stretch and relax your muscles, and temporarily relieve back pain associated with the listed conditions.

**For your benefit, read this manual carefully before using the inversion system.** If you have questions after reading this manual, please see the front cover

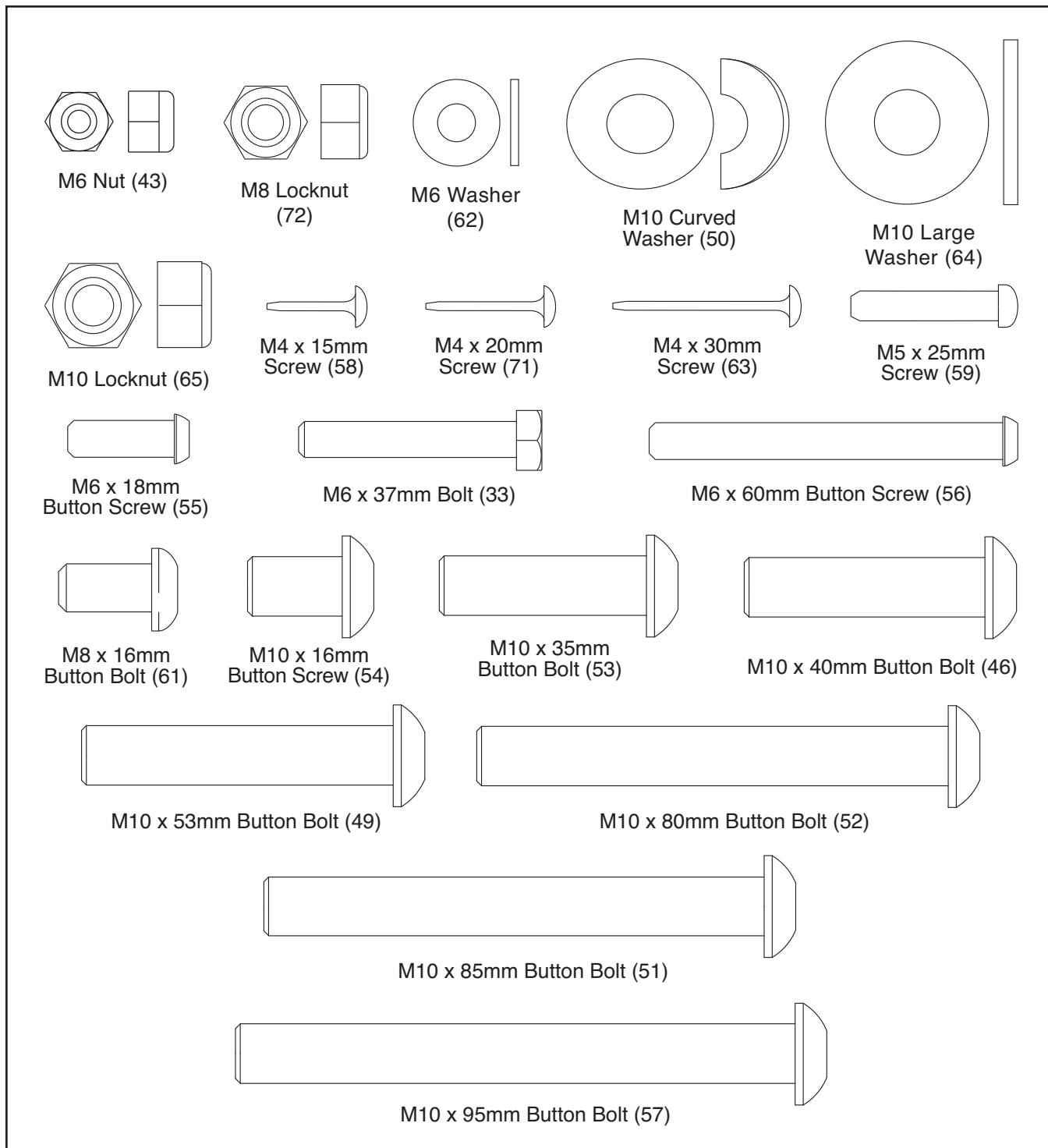
of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



# ASSEMBLY

## To make assembly easier, carefully read the following assembly tips:

- To hire an authorized service technician to assemble the weight bench, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, the inversion system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the inversion system as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

• For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

• The included grease and the following tools (not included) may be required for assembly:

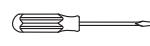
two adjustable wrenches



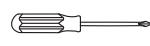
one rubber mallet



one standard screwdriver



one Phillips screwdriver



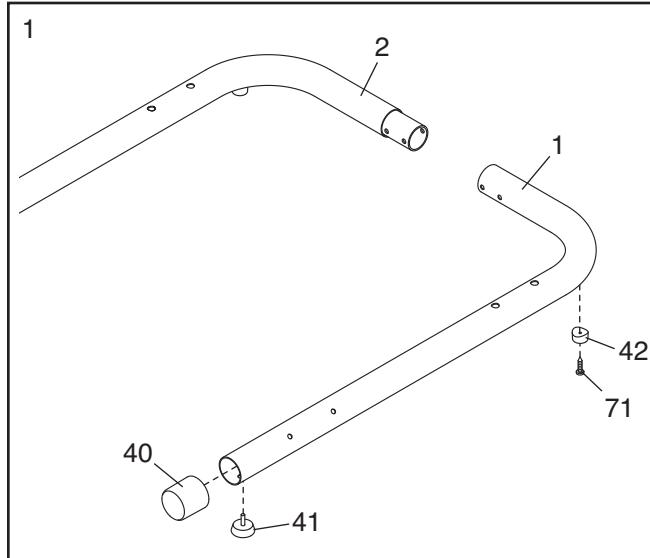
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Before beginning assembly, make sure that you understand the information in the box above.

Press a 63mm Round Cap (40) onto the Left Base (1).

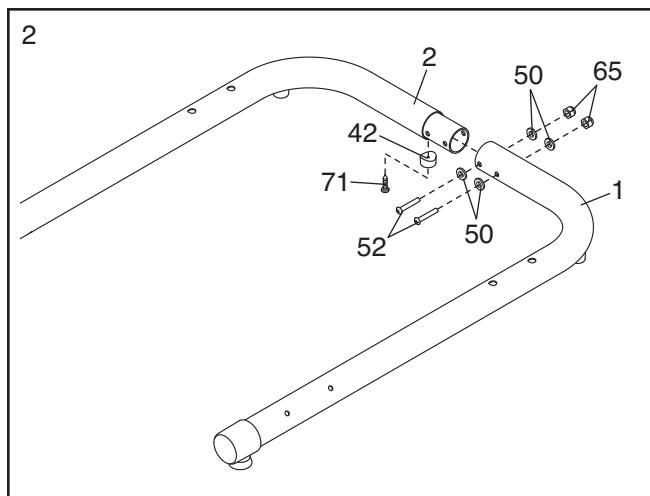
Attach a Foot (42) to the Left Base (1) with an M4 x 20mm Screw (71). Next, tighten a Leveling Foot (41) into the Left Base.

Repeat this step for the Right Base (2).



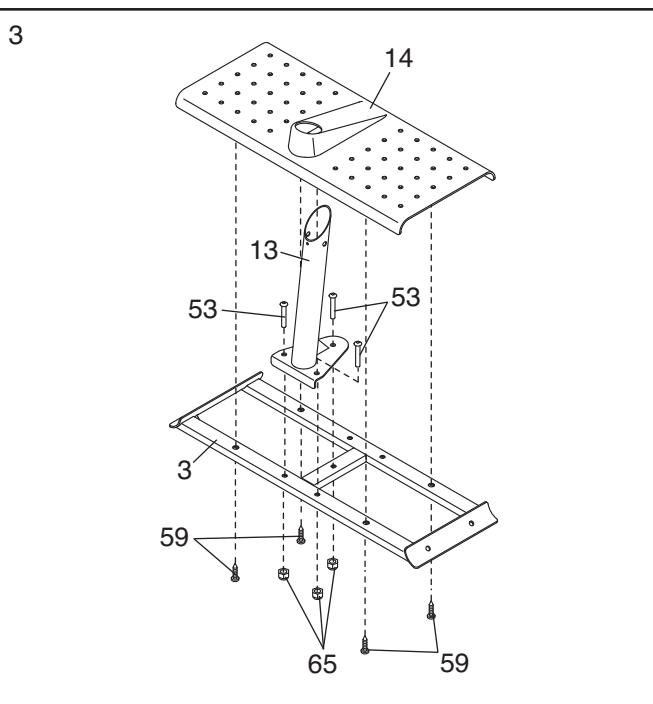
2. Attach the Left Base (1) to the Right Base (2) with two M10 x 80mm Button Bolts (52), four M10 Curved Washers (50), and two M10 Locknuts (65).

Attach another Foot (42) to the Right Base (2) with an M4 x 20mm Screw (71).

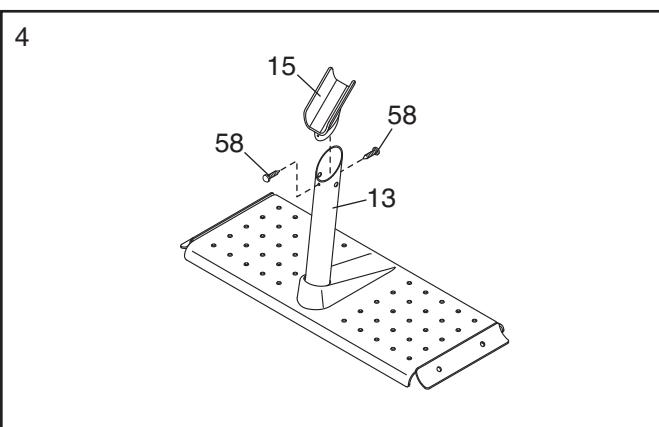


3. Attach the Support Leg (13) to the Center Base (3) with three M10 x 35mm Button Bolts (53) and three M10 Locknuts (65).

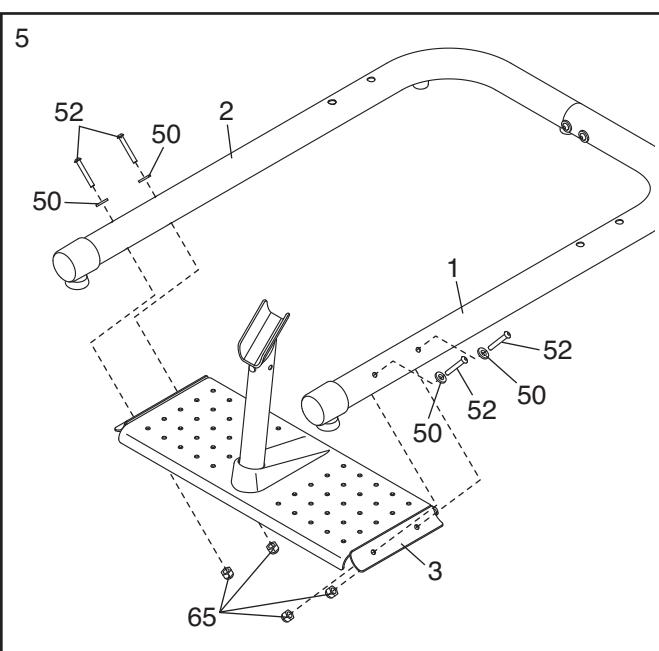
Attach the Base (14) to the Center Base (3) with four M5 x 25mm Screws (59).



4. Attach the Support Bracket (15) to the Support Leg (13) with two M4 x 15mm Screws (58).



5. Attach the Center Base (3) to the Left and Right Bases (1, 2) with four M10 x 80mm Button Bolts (52), four M10 Curved Washers (50), and four M10 Locknuts (65).

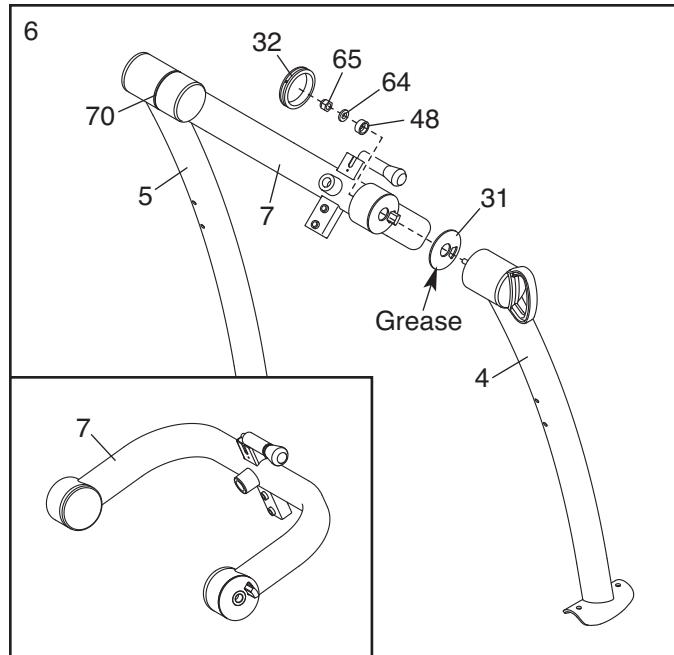


6. See the inset drawing. Identify the Center Frame (7).

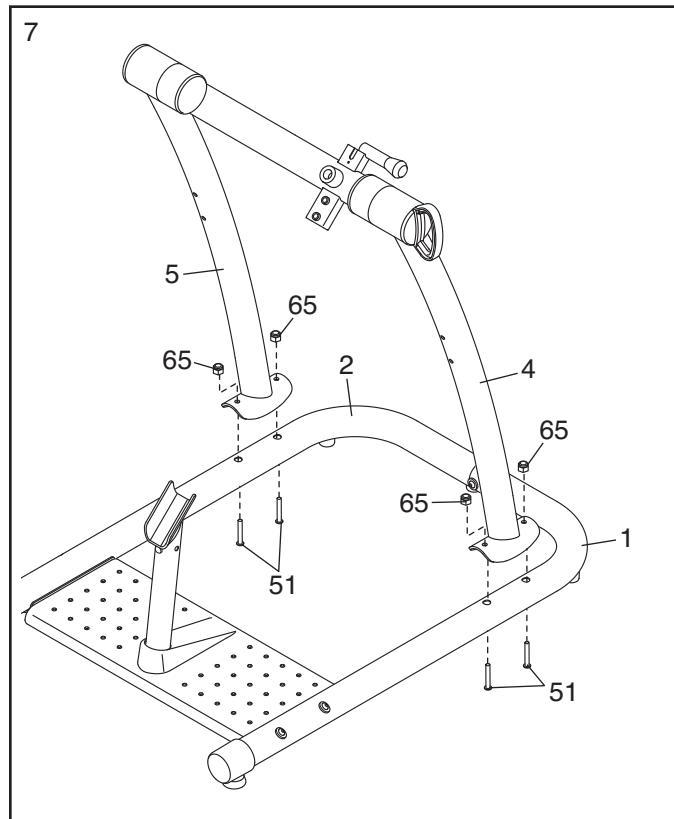
Apply some of the included grease to both sides of the Left Large Spacer (31).

Attach the Left Large Spacer (31) and the Left Frame (4) to the Center Frame (7) with an M10 Locknut (65), an M10 Large Washer (64), and a 29mm Spacer (48). Then, press an 89mm Cap (32) into the Center Frame.

**Repeat this step with the Right Large Spacer (70) and the Right Frame (5).**

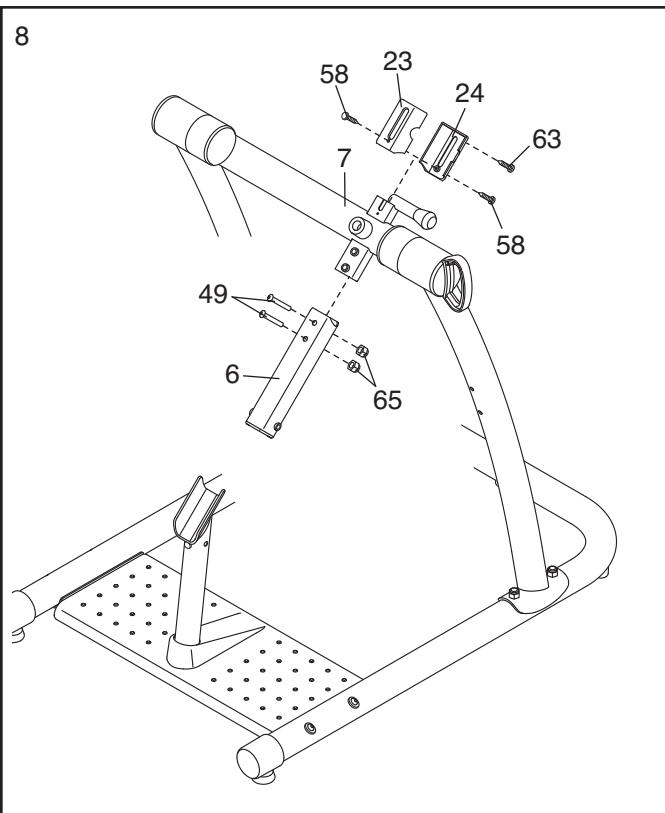


7. Attach the Left and Right Frames (4, 5) to the Left and Right Bases (1, 2) with four M10 x 85mm Button Bolts (51) and four M10 Locknuts (65).



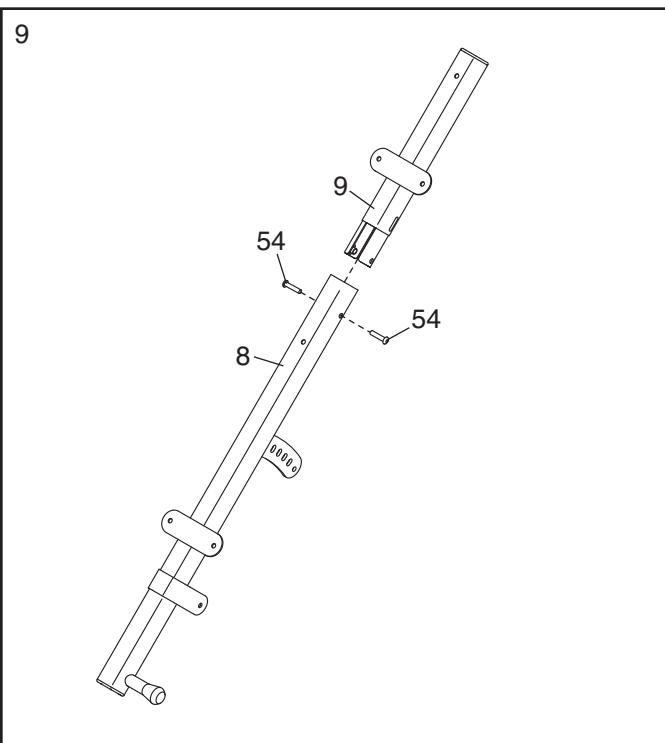
8. Attach the Top Cover (23) and the Bottom Cover (24) to the Center Frame (7) with two M4 x 15mm Screws (58) and an M4 x 30mm Screw (63).

Attach the Center Frame Extension (6) to the Center Frame (7) with two M10 x 53mm Button Bolts (49) and two M10 Locknuts (65).



9. Orient the Headrest Frame (9) and the Backrest Frame (8) as shown.

Attach the Headrest Frame (9) to the Backrest Frame (8) with two M10 x 16mm Button Screws (54).



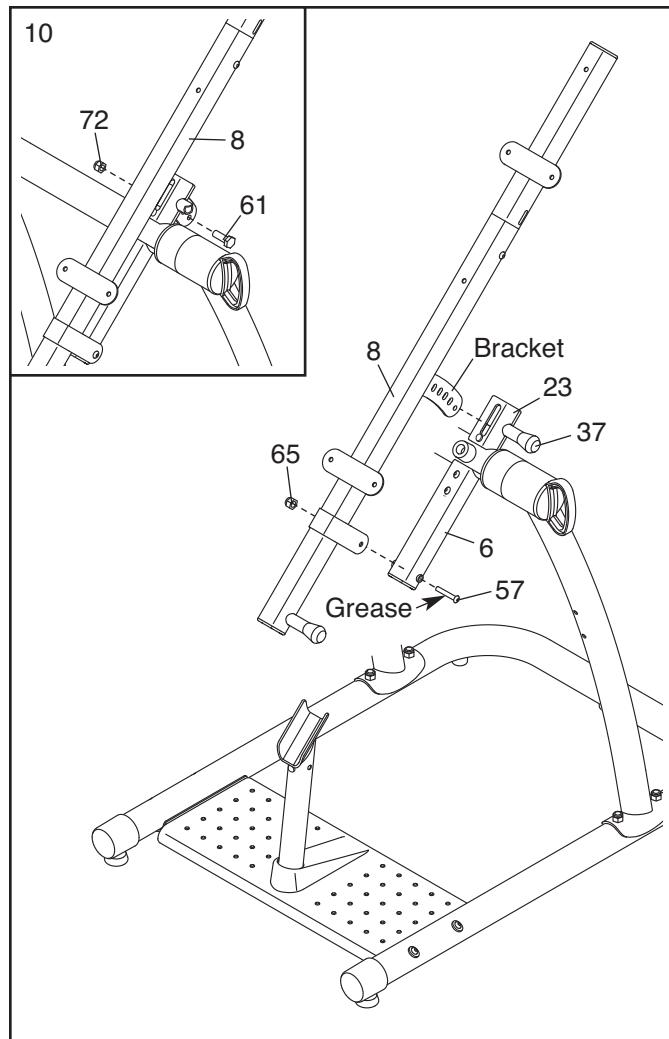
10. Apply a small amount of grease to an M10 x 95mm Button Bolt (57).

Pull the Medium Adjustment Knob (37) outward as far as possible. Insert the bracket on the Backrest Frame (8) into the Top Cover (23).

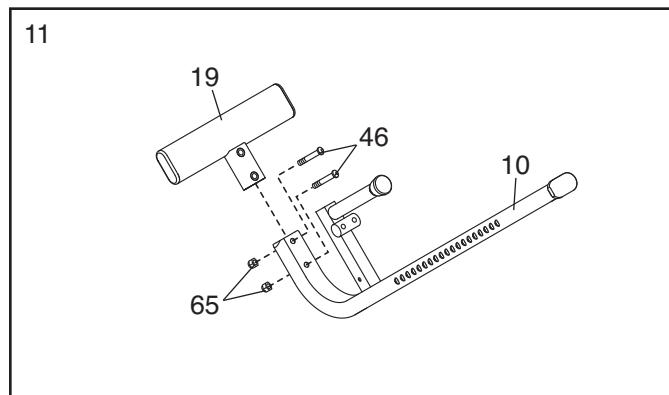
Attach the Backrest Frame (8) to the Center Frame Extension (6) with the M10 x 95mm Button Bolt (57) and an M10 Locknut (65).

Engage the Medium Adjustment Knob (37) into one of the holes in the bracket.

**See the inset drawing.** Attach an M8 x 16mm Button Bolt (61) and an M8 Locknut (72) to the hole in the end of the bracket on the Backrest Frame (8).



11. Attach the Foot Frame (19) to the Leg Frame (10) with two M10 x 40mm Button Bolts (46) and two M10 Locknuts (65).



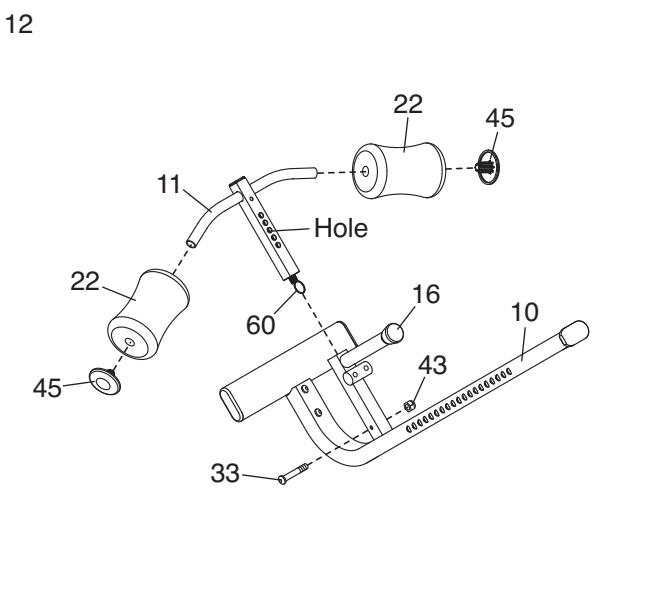
12. Slide a Foam Pad (22) onto each side of the Lock Frame (11).

Press a Pad Cap (45) into each Foam Pad (22).

Pull the indicated Long Adjustment Knob (16) outward, insert the Lock Frame (11) into the Leg Frame (10), and then release the Long Adjustment Knob.

**Make sure that the Long Adjustment Knob (16) is engaged in the indicated adjustment hole in the Lock Frame (11).**

Insert an M6 x 37mm Bolt (33) into the Leg Frame (10) **and into the loop on the end of the Spring (60).** Tighten an M6 Nut (43) onto the Bolt.

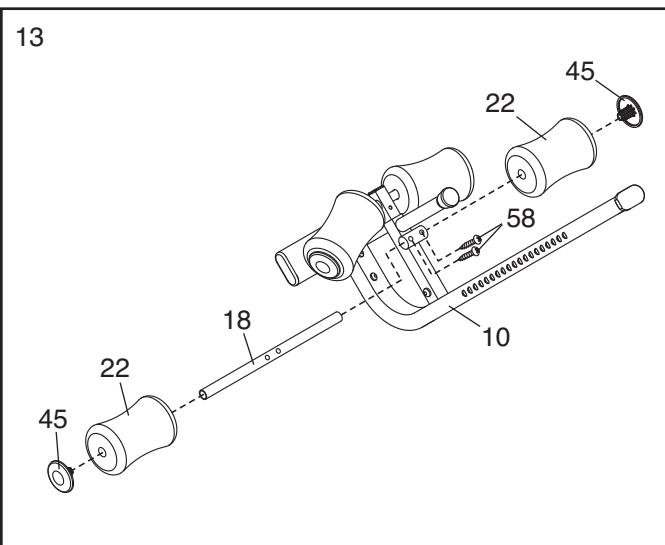


13. Insert the Pad Tube (18) into the welded tube on the Leg Frame (10).

Next, tighten two M4 x 15mm Screws (58) into the Pad Tube (18).

Slide a Foam Pad (22) onto each side of the Pad Tube (18).

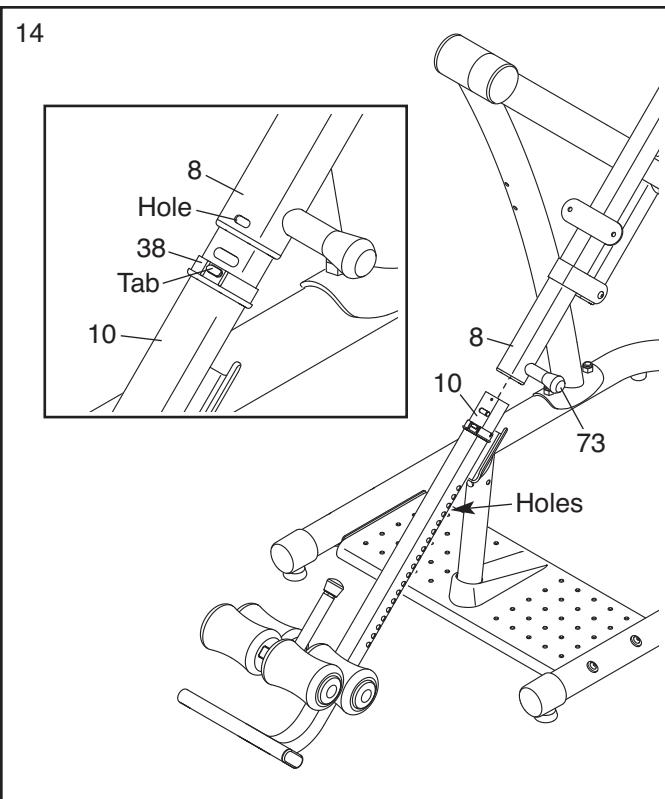
Then, press a Pad Cap (45) into each Foam Pad (22).



14. Pull the Short Adjustment Knob (73) outward as far as possible, and insert the end of the Leg Frame (10) a few inches into the Backrest Frame (8).

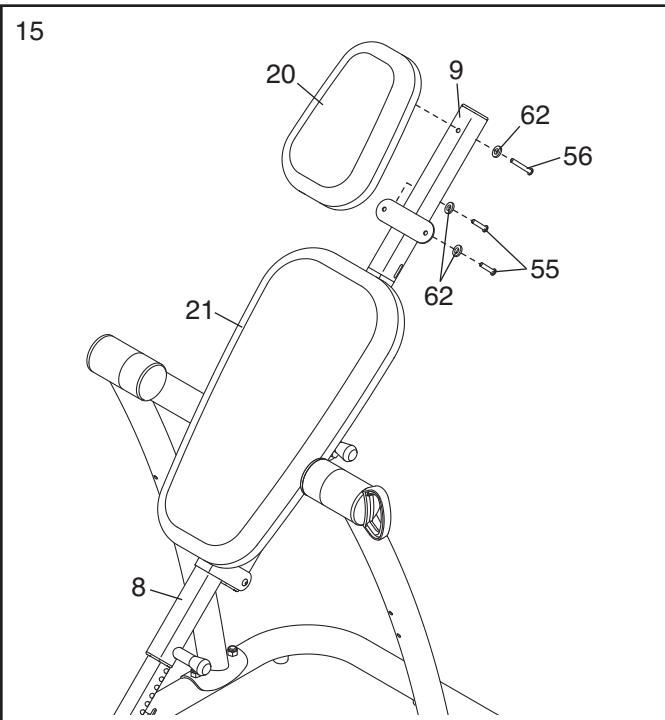
**See the inset drawing.** Press the indicated tab on the Leg Frame Bushing (38), and press the Leg Frame Bushing upward into the Backrest Frame (8). **Make sure that the tab is in the indicated hole in the Backrest Frame.**

Then, insert the Leg Frame (10) farther into the Backrest Frame (8), and engage the Short Adjustment Knob (73) into one of the adjustment holes in the Leg Frame.



15. Attach the Headrest (20) to the Headrest Frame (9) with two M6 x 18mm Button Screws (55), an M6 x 60mm Button Screw (56), and three M6 Washers (62).

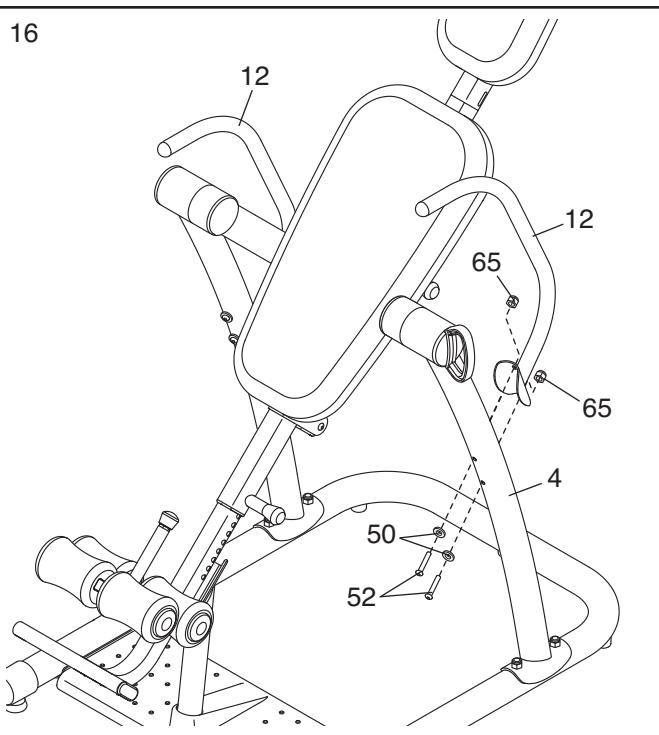
Attach the Backrest (21) to the Backrest Frame (8) in the same way.



16. Attach a Handle (12) to the Left Frame (4) with two M10 x 80mm Button Bolts (52), two M10 Curved Washers (50), and two M10 Locknuts (65).

**Attach the other Handle (12) in the same way.**

**Make sure that all parts are properly tightened before you use the inversion system.**



17.

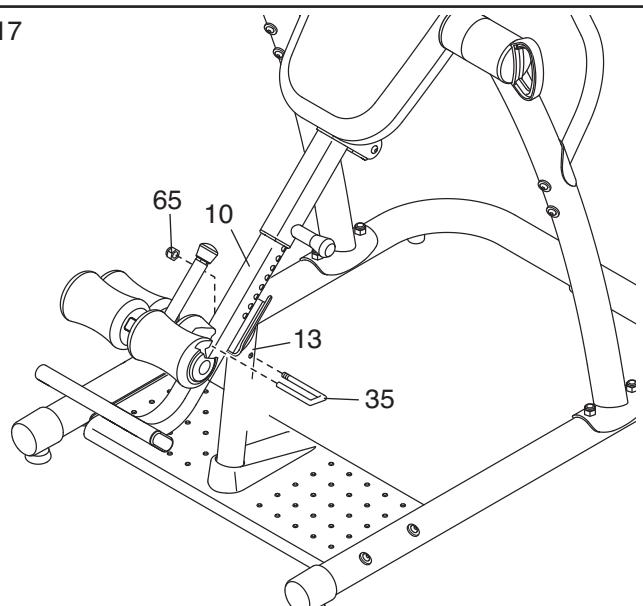
## **⚠️ WARNING:**

**HOW TO LOCK THE INVERSION SYSTEM FOR STORE DISPLAY OR TO PREVENT UNSUPERVISED USE**

**When the inversion system is displayed in a store, or when it is not in use, it should be locked to prevent unsupervised use.**

**First, insert the threaded end of the Lock Pin (35) into the Support Leg (13), and position the other end of the Lock Pin on top of the Leg Frame (10). Then, tighten an M10 Locknut (65) onto the Lock Pin.**

17



18. Make sure that all parts are properly tightened before you use the inversion system. The use of all remaining parts will be explained in **ADJUSTMENT**, starting on page 14.

# ADJUSTMENT

This section explains how to adjust the inversion system. See DEVELOPING A PROGRAM on page 17 for important information about how to get the most benefit from the inversion system.

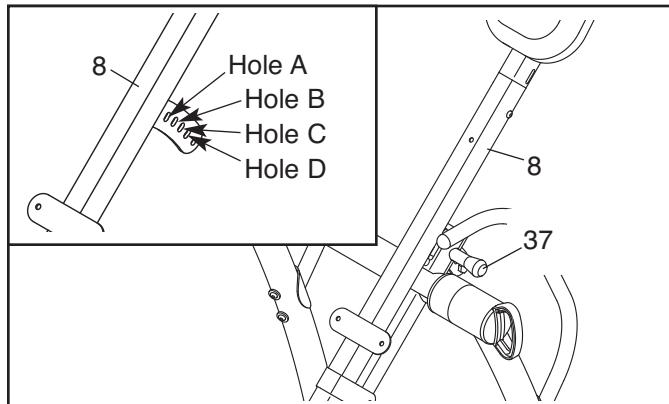
Make sure that all parts are properly tightened each time you use the inversion system. Replace any worn parts immediately. The inversion system can be cleaned with a damp cloth and a mild, non-abrasive detergent. **Do not use solvents to clean the inversion system.**

## SELECTING THE BACKREST FRAME POSITION

**See the inset drawing.** The bracket on the Backrest Frame (8) has four adjustment holes. The correct hole to use will depend on your body weight and the desired level of responsiveness. See the chart to determine which hole to use. For example, if you weigh between 200 and 250 pounds and you are a beginning user, the chart recommends that you use hole A.

To adjust the Backrest Frame (8), first pull the Medium Adjustment Knob (37) outward as far as possible. Move the Backrest Frame and engage the Medium Adjustment Knob into the desired hole in the bracket on the Backrest Frame.

Try the inversion system with the Backrest Frame (8) adjusted to each position to determine which one is best for you.



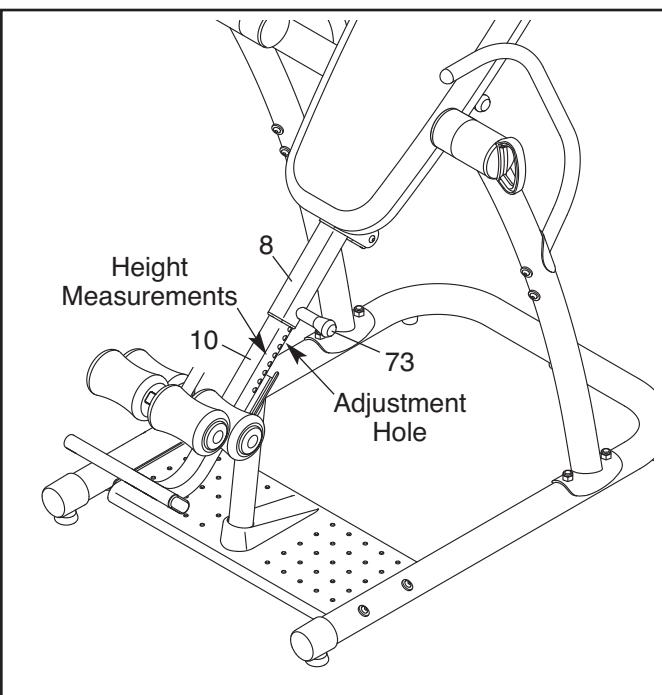
		Responsiveness	
		Beginner (Partial Inversion)	Advanced (Full Inversion)
User Weight	250–300 lbs.	Hole A	Hole B
	200–250 lbs.	Hole A	Hole B
	150–200 lbs.	Hole B	Hole C
	80–150 lbs.	Hole C	Hole D

## ADJUSTING THE LEG FRAME

The length of the Leg Frame (10) can be adjusted to correspond to your height. Pull the Short Adjustment Knob (73) outward as far as possible. Next, slide the Leg Frame into or out of the Backrest Frame (8) so that the first or second measurement greater than your height is covered by the Backrest Frame. Then, engage the Short Adjustment Knob into adjustment holes in the Leg Frame and the Backrest Frame.

Use the inversion system with the Leg Frame (10) adjusted to a few different lengths to determine which length is best for you.

**WARNING:** The inversion system is designed to be used by persons 6 ft. 6 in. (198 cm) tall or less.

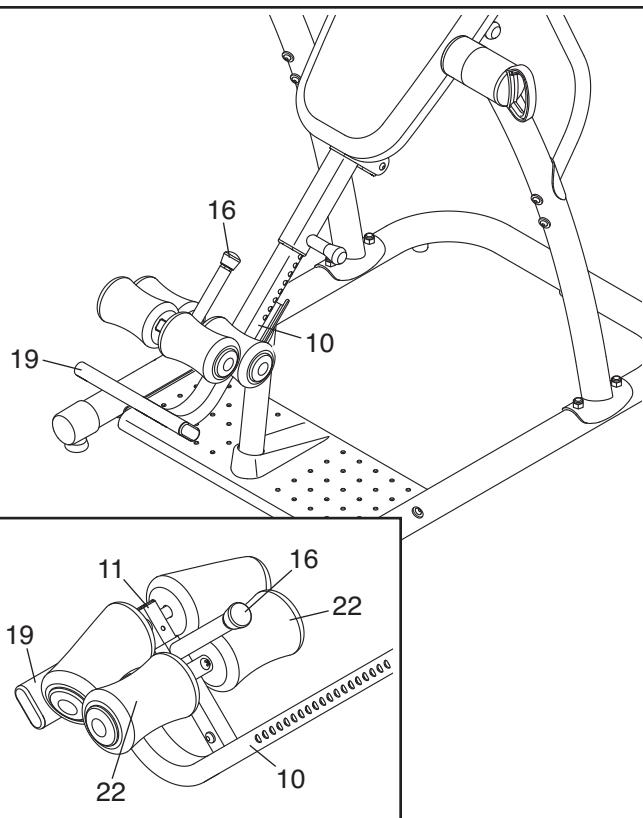


## ADJUSTING THE LOCK FRAME

To secure your ankles in the inversion table, first pull the Long Adjustment Knob (16) outward as far as possible.

**See the inset drawing.** Next, pull the Lock Frame (11) away from the Leg Frame (10). Stand on the Foot Frame (19) with the backs of your legs against the indicated Foam Pads (22) and your toes under the Lock Frame. Then, push the Lock Frame against your ankles and engage the Long Adjustment Knob (16) into one of the adjustment holes in the Lock Frame. **Make sure that the Long Adjustment Knob is engaged in one of the adjustment holes in the Lock Frame.**

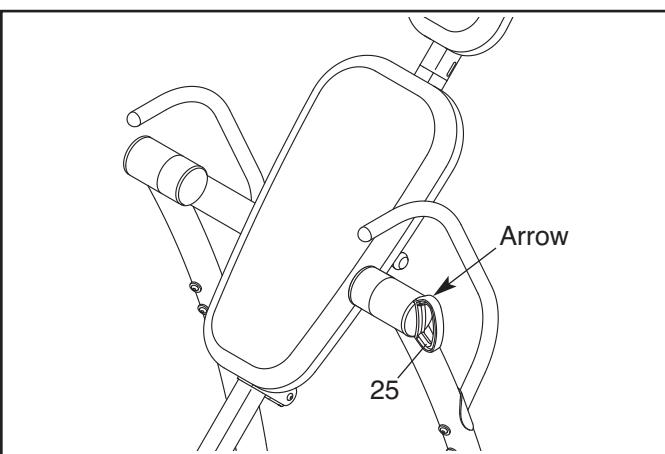
**⚠ WARNING:** Make sure that the Lock Frame (11) is secured snugly against your ankles before you use the inversion system. Always wear athletic shoes with laces to help secure your feet in the inversion system.



## SETTING THE INVERSION ANGLE

The inversion table can be set to rotate between 15 degrees and 90 degrees, in 15-degree increments.

To set the inversion angle, pull the Index Handle (25) outward as far as possible, and then turn the Index Handle until the arrow on top of the Index Handle points to the desired degree setting. Then, release the Index Handle; **make sure that the Index Handle is fully engaged.**

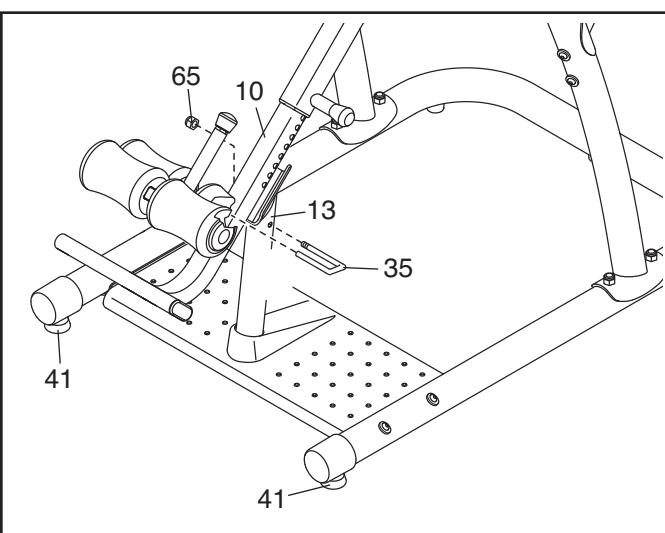


## LEVELING THE INVERSION SYSTEM

If the inversion system rocks slightly on your floor, turn one or both of the Leveling Feet (41) until the inversion system is level.

## LOCKING THE INVERSION SYSTEM

To lock the inversion system when you are not using it, insert the threaded end of the Lock Pin (35) into the Support Leg (13), and position the other end of the Lock Pin on top of the Leg Frame (10). Then, tighten an M10 Locknut (65) onto the Lock Pin.



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# ROTATING ON THE INVERSION SYSTEM

This section explains how to rotate back on the inversion system, and then return to the starting position. **Before using the inversion system, see ADJUSTMENT starting on page 14 to correctly set up the inversion system.** It may be helpful to have a second person ready to assist you as you learn to use the inversion system.

## ROTATING BACK ON THE INVERSION SYSTEM

To rotate back on the inversion system, slowly lift your arms over your head until you reach the desired position. The speed at which you lift your arms will determine how quickly the inversion system will rotate. Rest your arms in a comfortable position that does not cause the inversion system to rotate. Note: The inversion system will rotate only to the degree setting set by the index handle.

## ROTATING UP ON THE INVERSION SYSTEM

To return to the starting position, move your hands toward your waist until you rotate to a horizontal position. Rest in a horizontal position for 30 to 60 seconds before rotating to the starting position. This will allow your body to readjust. Return to the starting position slowly. Dizziness after using the inversion system is an indication that you have returned to the starting position too quickly.

To rotate up from the fully inverted position, pull yourself up using the handles.

**Do not sit up to return to the starting position.**

# DEVELOPING A PROGRAM

This section contains information and suggestions about using the inversion system. Make sure that all parts are properly tightened each time you use the inversion system. Replace any worn parts immediately. **See ADJUSTMENT starting on page 14 to identify parts referred to in this section.**

## BENEFITING FROM USING THE INVERSION SYSTEM

If you feel nauseated while using the inversion system, return to the starting position. Note that it may take a few weeks of use for your inner ear to become accustom to being inverted.

Do not use the inversion system right after you have eaten.

Moving while using the inversion system may make it a more comfortable experience, and may help joints and muscles stretch and relax. Always move in a slow, controlled manner.

The greater the angle at which the inversion system is used, the shorter the time that you should rotate back before rotating up. Increase the amount of inverted time and the angle of use gradually.

Always pay attention to how your body feels as you use the inversion system. Increase the level of intensity only as it is comfortable for you. When you feel like you have had enough, return to the starting position.

## BEGINNER PROGRAM

The following are suggestions for persons who are just starting to use the inversion system.

Set the index handle to allow the backrest frame to rotate to 15 degrees or less for the first one or two weeks. This will allow your body time to adjust to the change in gravitational pull.

Use the inversion system for one or two minutes at a time, two or three times a day.

Stay inverted only for as long as it is comfortable. This may be only a few seconds at first.

## INTERMEDIATE PROGRAM

The following are suggestions for persons who have become comfortable using the inversion system as described under the BEGINNER PROGRAM.

Increase the angle to which the inversion system can rotate, as it is comfortable. Adjust the index handle to allow the inversion system to rotate to up to 60 degrees, a few degrees at a time.

Start to do gentle stretching while using the inversion system.

Gradually increase the amount of time that you use the inversion system to ten minutes or more, two or three times a day. Routines can be varied from rotating back for one or two minutes and then up for 30 seconds, to rotating back and up for equal amounts of time.

## FULL INVERSION PROGRAM

The following are suggestions for persons who have become comfortable using the inversion system as described under the INTERMEDIATE PROGRAM and desire to rotate to greater angles. Note that all the benefits of inversion can be gained by rotating to 60 degrees. **Do not attempt to do sit-ups.**

Increase the angle to which the inversion system can rotate, as it is comfortable. Adjust the index handle to allow the inversion system to rotate until it comes in contact with the center frame.

Adjust the backrest frame so that the medium adjustment knob is in the top hole (see SELECTING THE BACKREST FRAME POSITION on page 14). If you weigh 220 lbs. (100 kg) or more, adjust the medium adjustment knob to the center hole in the backrest frame. Rotate back and up as described on page 16.

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# PART LIST—Model No. WBBE2169.0

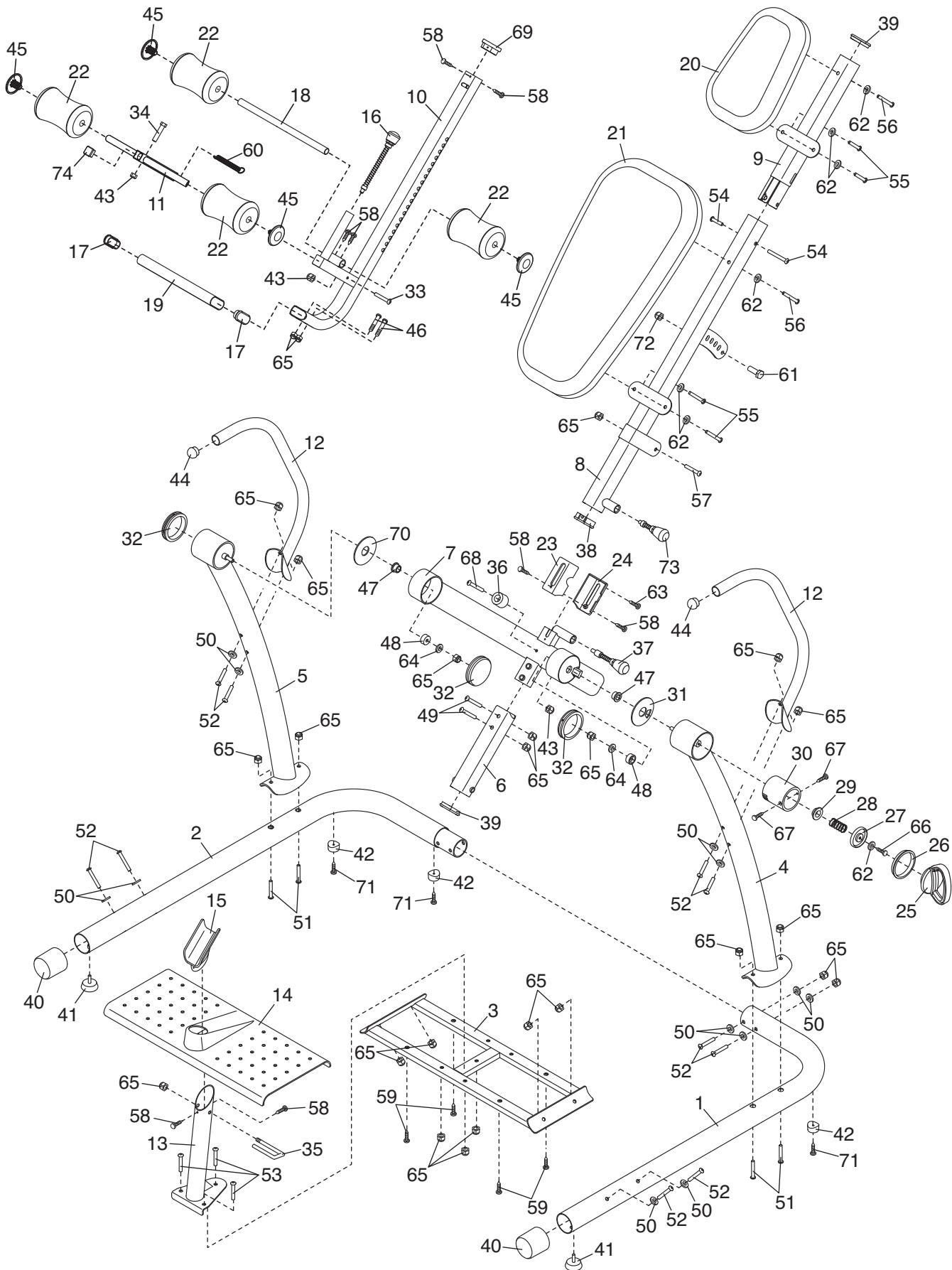
R0909A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Base	40	2	63mm Round Cap
2	1	Right Base	41	2	Leveling Foot
3	1	Center Base	42	3	Foot
4	1	Left Frame	43	3	M6 Nut
5	1	Right Frame	44	2	32mm Round Cap
6	1	Center Frame Extension	45	4	Pad Cap
7	1	Center Frame	46	2	M10 x 40mm Button Bolt
8	1	Backrest Frame	47	2	Pivot Bushing
9	1	Headrest Frame	48	2	29mm Spacer
10	1	Leg Frame	49	2	M10 x 53mm Button Bolt
11	1	Lock Frame	50	12	M10 Curved Washer
12	2	Handle	51	4	M10 x 85mm Button Bolt
13	1	Support Leg	52	10	M10 x 80mm Button Bolt
14	1	Base	53	3	M10 x 35mm Button Bolt
15	1	Support Bracket	54	2	M10 x 16mm Button Screw
16	1	Long Adjustment Knob	55	4	M6 x 18mm Button Screw
17	2	30mm x 70mm Inner Cap	56	2	M6 x 60mm Button Screw
18	1	Pad Tube	57	1	M10 x 95mm Button Bolt
19	1	Foot Frame	58	8	M4 x 15mm Screw
20	1	Headrest	59	4	M5 x 25mm Screw
21	1	Backrest	60	1	Spring
22	4	Foam Pad	61	1	M8 x 16mm Button Bolt
23	1	Top Cover	62	7	M6 Washer
24	1	Bottom Cover	63	1	M4 x 30mm Screw
25	1	Index Handle	64	2	M10 Large Washer
26	1	Index Ring	65	25	M10 Locknut
27	1	Cup Washer	66	1	M6 x 15mm Screw
28	1	Small Spring	67	2	M5 x 15mm Screw
29	1	Cup Bushing	68	1	M6 x 60mm Button Bolt
30	1	Index Cup	69	1	30mm x 60mm Cap
31	1	Left Large Spacer	70	1	Right Large Spacer
32	3	89mm Cap	71	3	M4 x 20mm Screw
33	1	M6 x 37mm Bolt	72	1	M8 Locknut
34	1	M6 x 33mm Bolt	73	1	Short Adjustment Knob
35	1	Lock Pin	74	1	25mm Square Inner Cap
36	1	Bumper	*	—	User's Manual
37	1	Medium Adjustment Knob	*	—	Hex Key
38	1	Leg Frame Bushing	*	—	Grease Packet
39	2	42mm x 70mm Cap			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

## **EXPLODED DRAWING—Model No. WBBE2169.0**

R0909A



# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

**IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to [www.weiderservice.com/registration](http://www.weiderservice.com/registration).**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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